



Harvest of the Month:

# Pomegranate

January 2018



## Did you know??

- Ripe pomegranates will make a metallic sound when tapped!
- Each pomegranate contains hundreds of edible seeds that are commonly called arils.
- The word pomegranate means apple with many seeds.
- The pomegranate tree only bears fruit in a hot, dry climate.
- Pomegranate trees can live for over 200 years.
- Pomegranate seeds can be used to make salads, sauces, juices, smoothies, sorbet and ice cream or as a garnish or with meats. They're also used in health and beauty products.
- Pomegranates are valued for their fiber, antioxidants and vitamin C.



*This Month* we will be talking about food miles with students. We will talk about the significance of eating seasonal fruits from warmer states like California when fresh, local fruit is unavailable. We will also highlight some foods that are fresh in the winter such as yogurt and some fruits that can be preserved for the winter such as berries. This will be a good transition into February when we will talk about food preservation. We will be tasting pomegranate seeds and berry yogurt bark.

*In December* Farm to School did lessons on the Brassicaceae family. Lessons included a song on brassicas written and performed by AmeriCorps member Emily Highnam, a book about a gigantic turnip for the little ones, an identification and comparison challenge with different brassicas, and a tasting.

We tasted Beauty Heart radishes from Driftless Organics and had farmer Josh Engel come in to talk to students about the brassicas that grow at Driftless Organics. The Beauty Heart radishes were a BIG success, most students loved them.

In celebration of brassicas, Prairie Catholic had roasted Brussels sprouts from their school garden on the lunch line! The students enjoyed trying the new foods this month.

Big thank you to Driftless Organics and Hy-Vee in Dubuque for donations!! Follow us on Facebook for photos, videos and updates!

*Winter Wellness Workshop*

Find resources in your community to improve your health and wellness! Join us for this FREE\* event and network with other health-minded individuals. Light refreshments provided.

**Kid Friendly!**

\*individual sessions may charge for materials

Saturday, February 17<sup>th</sup>  
10.00am-2.30pm  
112 Main St, Gays Mills

Learn more by calling 608-326-0223 or emailing [F2S@crawfordcountywi.org](mailto:F2S@crawfordcountywi.org)

Check out the nutritious and delicious recipe from Crossing Rivers Health!

## Easy Pomegranate Mango Salsa

Yield: 4 servings

### Ingredients

- 1 ½ cups diced tomatoes
- ¾ cup diced mango
- 2 tbsp. finely chopped jalapeno
- 1 tbsp. chopped cilantro
- ½ cup pomegranate seeds
- 2 tsp lemon juice
- 2 tsp lime juice
- drizzle of honey
- pinch of salt and pepper



### Directions

1. Combine all ingredients and toss well until combined. Chill until needed and serve with tortilla chips.

Recipe adapted from allrecipes.com

## Shopping, Storing and Preparing

### Shopping Tips:

- Pomegranates should be heavy in size and free of cracks.

### Storing:

- Whole pomegranates can be refrigerated for up to 2 months or stored in a cool, dry place for several weeks.
- Seeds can be stored for about one week in an airtight container in the refrigerator.

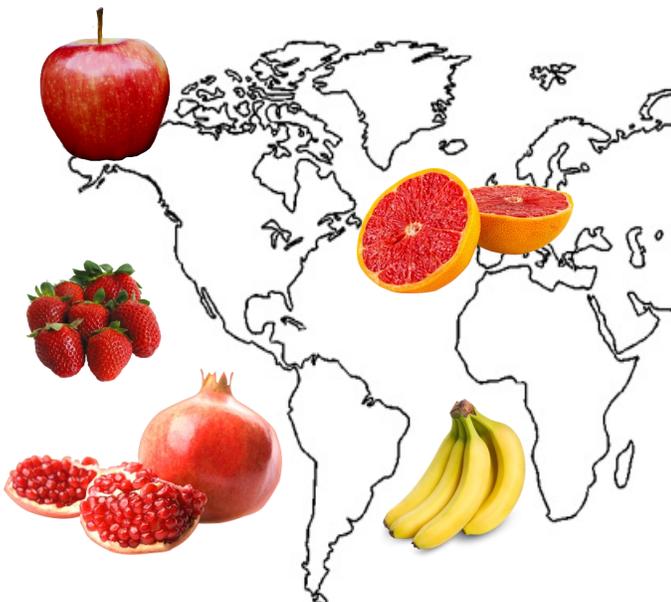
### Preparing:

- Cut off the pomegranate's crown with a sharp knife and score the pomegranate with cuts as if you are going to break it into quarters and soak it in cold water. The water will loosen the seeds to make them easier to collect. While the pomegranate is under water, gently pull fruit apart into quarters and run your fingers through each quarter slice to start separating the seeds. Strain out the seeds and let dry for 5 minutes.



## Food Miles

Draw a line from each fruit to the place on the world map where it was grown. Some of these items do grow in Wisconsin during the summer and fall, but during the winter months all of these fruits must travel a long ways in order for you to eat them fresh.



Which fruit travelled the furthest?

- 1) Pomegranate– California, 2200 miles
- 2) Grapefruit- Florida, 1700 miles
- 3) Banana- Ecuador, 3300 miles
- 4) Strawberries- California, 2200 miles
- 5) Apples- Washington, 1800 miles